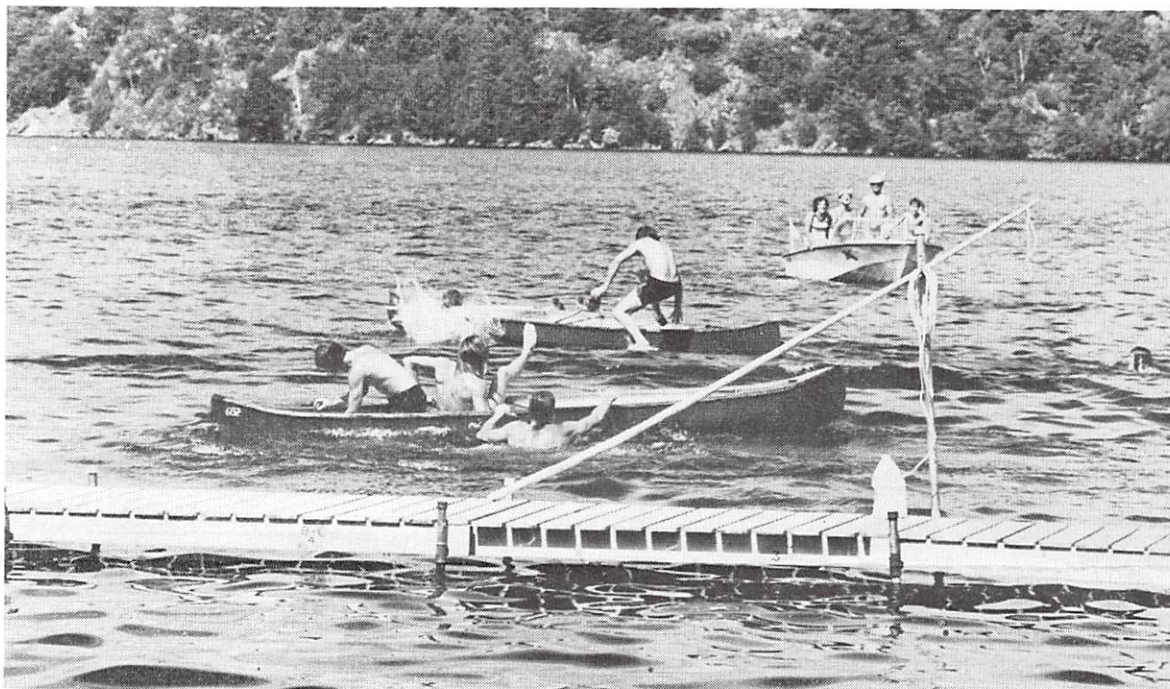


# canadian camping



## CANOEING

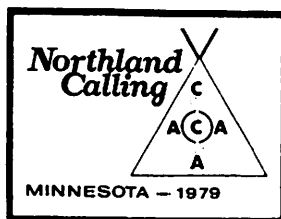
**'IN' and 'OUT' RACES** can add a lot of colour and fun to regattas or staff challenge races. The canoes line up and a starter starts the race. The racers paddle toward toward the finish line HOWEVER when the starter blows a whistle the contestants must jump out of the canoe and then re-enter it without dumping. The first canoe to reach the finish line wins. To add a little colour add a "turn" to the race. This contest is for staff and senior campers as it demands a lot of strength as well as skill.



OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION  
L'ASSOCIATION DES CAMPS DU CANADA — PUBLICATION OFFICIELLE

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TELEPHONE (416) 781-4717

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## Canadians Shine At Minnesota

After many, many months of planning and close co-operation with the American Camping Association, the first International A.C.A./C.C.A. Camping Conference took place in Minnesota - February 19 - 24, 1979. More than 100 Canadians attended this four day conference, with almost every Provincial Association represented. Jack Pearse, along with the members of the C.C.A. Executive and Board were very instrumental in leading the Canadian delegation into this warm, friendly environment.

A special note of thanks to all of the Canadians who led sessions and gave lectures. This group included the Boys' Camp Band (Jim Knowlton, Tom Knowlton, Peter Rasberry and Mark Baldwin); Bruno Morawetz (Camp Ponacka); Jocelyn Palm (President of the O.C.A. and Director of Camp Glen Bernard); Dorothy Walter (Camping Consultant for the Ontario Ministry of Culture and Recreation); Jan James (Associate Professor, University of Alberta); Dave Wilkinson (Humber College); Bob Slingerland (Kilcoo Camp); Wayne Perkins (Camp Wanakita); Derek Walsh (Camp Thunderbird, Victoria, B.C. - Derek was also responsible for the Public Relations aspect of the Canadian involvement); Raymond Hade and Rosaire Corbin (Association des Camps du Quebec); Joe Kronick (Camp White Pine); Don and Linda Arnold (University of British Columbia and B.C.C.A.); June Labbett (Camp Oconto); Janet Adamson (Camp Gay Venture) and Carolea Butters (Camp Tanamakoon). Specific sessions were also given by Jane McCutcheon and George Simonett, Executive members of C.C.A. John Latimer had the honour to be the feature speaker at the closing banquet.

The feelings which were generated by all of the Canadians present certainly gave the Americans a different attitude as to the friendliness and warmth of their camping friends north of the border. If nothing else, all of us returned to Canada feeling that we were all united in the strong common bond of working for children through organized camping. The International Conference did strengthen both the A.C.A. and the C.C.A. and it is the hope of many of us that future meetings of this kind will take place.





## **BACKPACKING**

### **beginning a program at camp**

During the past few years more and more children and adults have become involved with learning more about their land and its people by adding Backpacking to their modes of recreational adventure. Backpacking has always been popular in the West and, with the development of such trails as the Bruce and the 2000 mile long Appalachian Trail, the sport has attracted many new participants in the East.

Why? How could a Backpacking program contribute to your camp? Campers could discover new worlds just a few yards from the familiar routes travelled by water. It would introduce a new way of looking at the plants and animals which surround them. It could make possible new types of tripping combining Canoes and Backpacking. For example, one group could travel by canoe to a specific destination to be met by another who travelled overland. The groups could then switch and return to Camp by another means of travel. This might help avoid some duplication of travelling back and forth on the same routes. "Old hand" campers might enjoy the new possibilities for discovery and travel and especially the opportunity to develop new trails for the younger ones to follow.

What do the Campers need? It is not necessary for campers to purchase any special equipment. They will need BOOTS or HIGH TOP RUNNING SHOES, and a RAIN PONCHO, the rest of the gear is just about the same as you would need for canoe trips. A change of socks each day is highly recommended for maximum foot comfort. Two pair should do it is the "off" pair is washed the night before.

PACKS What does the Camp need to buy? Each person should carry a pack. A good adult pack costs about \$65.00, a junior (12 years and under) costs about \$45.00. Packs should include these features:



nylon zippers  
side pockets  
padded shoulder straps  
hip belts  
back bands  
fabric should be coated  
a good frame



(cont. on page 8 )

# Thought for Food

Here are some "kid tested" receipes which are popular and yet economical. Try them on your campers this summer, perhaps you can add a new meal to your menus.

## Dressed Meat Loaf (50 medium servings)

Combine 10 lbs of hamburger  
6 medium chopped onions  
1 48oz can of tomato soup  
salt and pepper to taste

### Stuffing

Saute  $\frac{1}{2}$  cup of margarine  
5 chopped onions  
3 tbsp poultry seasoning  
salt and pepper  
Add 3 loaves finely broken  
bread (including crusts)

Stir well and add enough water to moisten

### Tomato Sauce

Mix 1 48oz can tomato soup  
24oz water  
left over gravy or  
other broth

Spread half of the meat mixture on two 12" X 20" pans. Cover with the stuffing ( $\frac{1}{2}$  for each pan) Use the remaining meat for the top layer. Brush top with tomato sauce. Bake 300 °F. 1 - 1 $\frac{1}{2}$  hours Cut into 2" squares. Pour sauce over squares on the platter.

## Pork or Chicken Fried Rice (50 med. servings)

Fry 14 cups of cooked rice until brown  
Brown 5 lbs chopped, cooked chicken or pork  
Add 2 cups chopped onion  
2 cups chopped green peppers  
3 cups mushroom pieces

Add fried rice to meat mixture

Add 2 cups water  
1 cup soya sauce  
4 cups chicken stock

Simmer for  $\frac{1}{2}$  hour and then serve

## Southwestern Sloppy Joes (50 med. servings)

Brown 5 lbs hamburger  
Add 3 chopped onions  
2 chopped green pepper  
4 cups barbeque sauce  
100 oz baked beans

Simmer until very hot  
Serve over hamburger buns or bread

These recipes come from Ann McLean of Ottawa who has found them very popular with both boys and girls in her Home Economics classes.



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**You won't quit**  
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**It gives much more**  
**than it takes.**

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### Macaroni and Cheese

Sauce: 2 lbs margarine  
2 lbs unsifted pastry flour  
12 imp. qts. hot milk  
(suggest powdered milk)  
6 tbsp. salt  
6 lbs grated medium cheese

In a double boiler melt the margarine; add salt, flour and mix til you have a paste. Add hot milk gradually stirring until it is all in the mixture. Add grated cheese. Cook until all cheese is melted.

Macaroni: 12 lbs of macaroni (use some of the more unusual shapes for variety) Cook until tender. Salt and pepper to taste.

Put macaroni in greased pans - cover with sauce - sprinkle with paprika. Bake at 400° F until brown. Serves about 100.

### Oatmeal Cookies

Here's a recipe that requires NO COOKING. This recipe will make about 100 squares.

3 cups sugar  
2 cups margarine  
4 eggs - beaten  
4 cups raisins or dates  
1 cup shredded coconut  
4 tsp. vanilla or maple flavouring  
8 cups rolled oats

Melt the margarine and sugar. Add the eggs and dried fruit. Stir until the mix pulls cleanly away from the sides of the pan. Add the rest of the ingredients and mix completely. Allow to cool. In a 16 X 16 inch pan (or one whose area is about 260 sq. inches) spread the mixture evenly and cut into squares.

### WORKSHOP IN OUTDOOR ADVENTURE EDUCATION

July 23 - August 10, 1979

A three-week workshop held at the University of Ottawa Camp (70 miles north of Ottawa). Study and experimentation of the man/nature relationship within the context of adventurism. This experiential workshop will be conducted by Professor Claude Cousineau of the University of Ottawa, Professor Bob Pieh of Queen's University and Professor Kirk Wipper of the University of Toronto. Six academic credits are granted to the successful participants.

For further information write to:

Dr. Claude Cousineau  
Workshop in Outdoor Adventure Education  
Service for Continuing Education  
University of Ottawa  
Ottawa, Ontario K1N 6N5

### CHILD LEADERSHIP TRAINING COURSE

June 24 - August 27, 1979

Participatory Training for 16 - 18 year old girls interested in child care and activity programming for 5 - 8 year old campers.

#### NO FEE

For more information contact:

Miss Frances Owen  
Executive Director  
Camp Amy Molson Inc.  
1430 - A St. Marc St.  
Montreal, Quebec  
H3H 2G2





## **"BLACKIE"**

by Adele and Harry Ebbs

C.R. BLACKSTOCK, 'Blackie' B.Sc.(McGill) L.L.D.(York)

'O, man, greatly beloved'

For fifty years Blackie has been a "best friend". Our lives have been interwoven in two professional fields - camping and physical development. Little did we realize when we met on a cold May weekend in Algonquin Park, what an impact Blackie and Norah would have on our lives, as indeed, they have on thousands of others.

Blackie was at Pickering College in 1928, during the same period as the late Taylor Statten, who realized the contribution he would make on staff at Camp Ahmek. However, this had to wait because Blackie was a Kitchikewana 'original'. He started the first year of that 'Y' camp on Beausoleil Island in 1921 as a very young counsellor, when Ernie Thurlow, boys work secretary for Simcoe County, was the director. Blackie rose to assistant director when Win Smith took over. Blackie refers to Smitty as 'a great and human being'. Blackie even then was attracted to water-front activities and earned his Award of Merit which he admitted was tough going! He was water-front director at Camp Ahmek in 1930 and 1931 and later in his career he was on the full-time staff of the Canadian Red Cross Society as Director of Water Safety. He has very firm ideas about the need for training in this area and believed that canoeists and trippers should learn to be self-sufficient. On the issue of life-jackets he believed that sufficiently trained persons would know under what conditions they should be worn. He gave input to the current research being done by the Society of Camp Directors, of which he was a Founding Fellow, when he alleged that canoe trippers should be trained to handle risk and to anticipate it. For his contribution to the Ontario Camping Association he earned an Honourary Life Membership.

During his Pickering College years he was Head Master of the Junior School and Director of Athletics. Under his guidance and coaching the students reached for excellence and good-sportsmanship, which has been perpetuated in the annual Quaker Games.

He did some summer courses at Wisconsin in out-door education, and finished his formal education at McGill, earning a Bachelor of Science. His Honour Doctorate was granted at York University in 1974. That was a memorable week. A few days earlier friends across Canada organized a surprise dinner in Ottawa in his honour. From this has grown "The Blackie Fund" which has been exposing students to exceptional summer experiences, such as living in Olympic Village, and this year being steeped in Indian lore as two of them accompany Bryce Taylor on his cross-Canada tour.

In 1936 he directed Bolton Camp and for some years after that was the inspired and creative director of Camp Pinecrest. His interest and education in the out-of-doors he applied at Pickering College by exposing the boys to the first winter school-camping for a number of seasons at Limberlost Lodge.

For a man of his interests it was natural to seek fulfillment, along with compatible partners, by establishing a camp of their own. Since the beginning, in 1940, Camp Mazinaw has expressed Blackie's basic philosophy of excellence in endeavour and encouragement to all individuals whatever their ability. With the challenge of the great Bon Echo rock always in view, he has soared above to reach for the stars - and led all who would follow.

His influence has been felt all across Canada, first through the Canadian Red Cross and latterly for many years as executive secretary of the Canadian Association of Physical and Health Education. Even in retirement he was appointed consultant to the Sports Centre in Ottawa.

Blackie was atune with nature from the stars above to the earth upon which he gently trod. The writings of Chief Dan George express his philosophy, "And my heart soars". Council Ring and Indian Lore is a part of Mazinaw because Blackie had a 'feeling' for our native people. Over the fireplace in the lodge at Mazinaw he had his friend, Fred Hagan, carve these words:

"May Wakonda whose messenger is the Thunderbird, smile upon His children and send down the sacred fire from Heaven."

Mazinaw will miss its 'Chief', but his moccasins will be worn by his worthy successor. All of us will miss our friend, but the spirit will never die.

"Walk softly, follow my footsteps  
'til we meet a dawn -  
Stand quietly, let your lips give praise  
to the new sun." (Chief Dan George)



The beauty of the trees  
The softness of the air  
the fragrance of the grass  
Speaks to me.  
  
The summit of the mountains  
The thunder of the sky  
The rhythm of the sea  
Speaks to me.

The faintness of the stars  
The freshness of the morning  
The dew drop on the flowers  
Speaks to me.

The strength of fire  
The taste of salmon  
The trail of the sun  
And the life that never goes away  
They speak to me  
And my heart soars.  
(Chief Dan George)

# BACKPACKING

(cont. from page 3 )



CAMPTRAILS brand make a good quality pack. The SKYLINE model frame and bag are examples of the quality you should look for. Of course better, more expensive packs are available but to start with you might find a moderate price range preferable.

Silicone spray or paint should be applied as necessary.

Washing - do not wash with detergent - use a mild soap such as IVORY SNOW



## COOKING EQUIPMENT

aluminum pots  
plastic cups  
spoons and/or pocket knives  
waterbottles - buy the bottles especially made for Backpacking at an outdoor store.  
Cost: about \$5.00. One per person in their pack

use plastic jars\*

all other foods should be packed in double plastic bags

\*Ask your local druggist to save his plastic jars, apparently they get many which they throw out when empty.

## PACKING THE PACKS

Each person should have his sleeping bag attached to the bottom of his pack.

Be careful to load the packs so they are comfortable to carry.

Check a few minutes after the trip has begun to see that everyone is as comfortable as possible.

Each person carries his own water container and rations his intake accordingly.

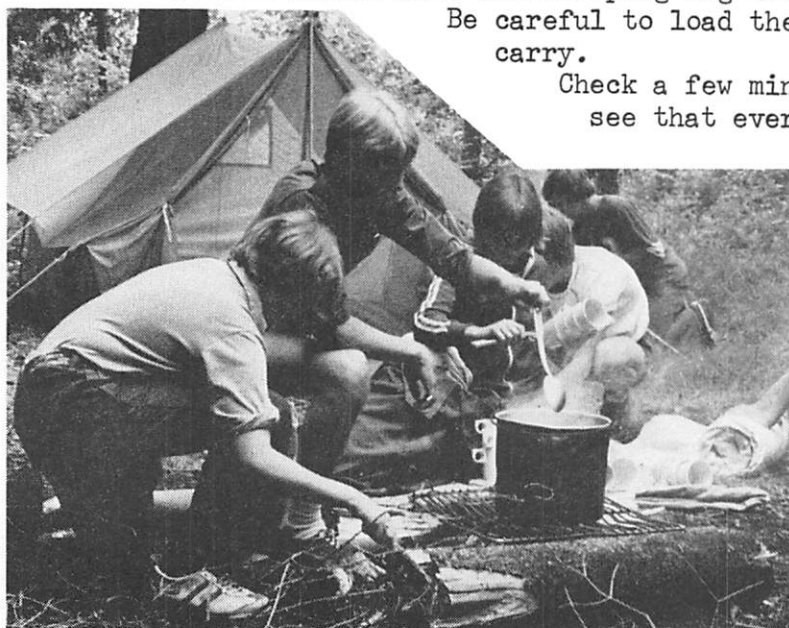
## ON THE WAY

Take frequent stops  
Have a small snack every couple of stops.

## WHERE TO GO

Try abandoned railway lines and old logging roads.  
Use topographical maps to make your own trails.

(cont. on page 12 )





# The COUNSELLOR'S Page

## DISCIPLINE

In the present context discipline is taken to mean "to educate, to train, to instruct disciples". It does not refer to chastisement or punishment. In order to achieve harmony in camp it is wise to discuss, as each situation arises, the system of rules for conduct in that situation. Your expectations as a leader and the expectations of your campers have a better chance of realization if your relationship is built on mutual trust and respect. It is hoped that your camp director has imparted to you the rules prior to your arrival at camp, so that you can share the history of the camp and meet the established requirements.

**by dr. elsie palter**

Society is plagued today with the problem of abuse, not only child abuse, but of martial partners and abuse of the elderly. It is most important to realize that corporal punishment does not teach respect. It may achieve immediate results, but, no learning occurs for becoming an acceptable member of society. Unfortunately, the only thing learned by the child is to use this means of control when he becomes a parent and the vicious circle is perpetuated. We hear, too often, "It was good enough for me, and it is good for my children."

There is no magic wand which succeeds in achieving harmony in personal relationships. There are no magic, infallible rules. We are dealing with individuals, each child is different, as you are different and there must be sensitivity, understanding and flexibility in your relationships. Children come from different backgrounds and bring different attitudes toward the adults they encounter. In an

agency camp where the children may come from culturally deprived homes, one is more likely to find the adult is regarded as an antagonist. This provides a challenge to you, as a leader, for the child to learn that an adult can be trusted and be a friend.

There are certain areas in which health plays a part. A few examples are dining room behavior, clean-up and water front activities. Meals should be enjoyed in a fairly controlled manner, the food should be shared equally and the noise factor not intolerable. When you encounter difficulty and begin to feel inadequate, this is a good time to share your concern with your section leader or director. Perhaps your director would accept your invitation to join your cabin group for a meal and relieve you for that meal, or for the three meals of that day. His presence sets  
(cont. on page 10)



# DISCIPLINE

(cont. from page 9 )

a different tone, the campers are inclined to exercise more self discipline and a new pattern is established. If a single camper is the offender, it often helps if he is invited to join the administrative staff table. This gives him a chance to become better acquainted with senior staff, and view first-hand the decorum to which he is expected to conform. This plan can be used as a reward as well as a teaching device so that a cabin group is not singled out for attention because of misbehavior.

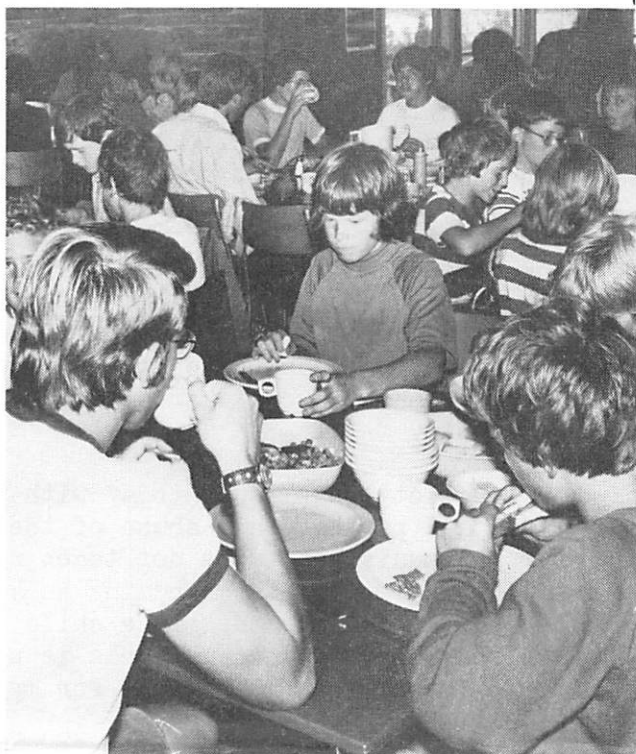
Cabin clean-up and tidiness throughout the day are meant to teach that living in tidy quarters is pleasant and healthy. How the duties are to be assigned could be discussed the first morning and a plan devised to achieve the desired results. This is the time for a counsellor to participate in the plan, it is not a time for lounging on a cot and giving verbal instructions. It helps to anticipate which camper needs extra help and to be able to provide it, to be aware when a child is neglecting his job and to be at his side to assist. This is done in a helpful manner, with no verbal outbursts of condemnation and criticism.

When a child misbehaves at swimming class, it does not seem warranted to deprive him of instruction as punishment. He is at camp to improve his skills. He should be excused from the group instruction period, but someone should undertake to provide the same lesson to him separately. Let him know you care about him and how he progresses and are willing to give extra effort to assure him the full benefit of the camp program. This is demanding on the staff, but it does provide for that individual's special needs. It is more fun to be with cabin mates and this aspect could be discussed privately with the camper.

"Docking" is a device used in camps to control behavior. To "dock" a child from having dessert does not teach him to be polite at the table. Similarly to "dock" a child from his favourite activity destroys his trust in you to help him enjoy all that camp has to offer. If you deal with your campers with respect, they will learn by your example. You set the tone. There is no place in camping for corporal punishment. A good counsellor is able to help the camper or the group to clear problems by discussion to work out a solution. Discipline used at camp should be guidance, not punishment.

Bernard Mason, an authority on camping, has described camp as a social organization where law and order must be recognized and accepted. It aims to rely on the camper and his understanding of why regulations are needed. The regulations should be concise, clearly understood ways of individual and group behaviour and as few rules as possible. It helps to point out to campers how these rules have grown out of the experience of staff and campers for years back, such as (1) never swim alone, and only in areas designated and supervised, (2) the need to be prompt at meals.

(cont. on page 12)







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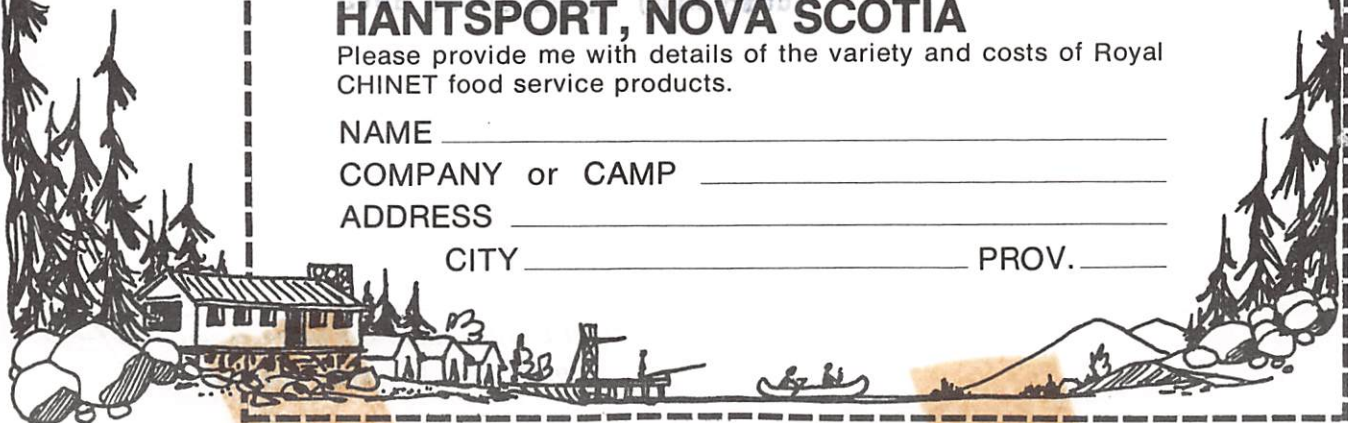
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## DISCIPLINE

(cont. from page 10 )

When regulations are ingrained in the life of the camp, it adds stability and makes possible greater spontaneity and freedom. There is something reassuring in a camp when things are done in the right way, at the right time, for good reasons. We have to accept that along with privileges are responsibilities and a good life is a wise balance between freedom and restrictions. The restrictions in a camp must be maintained by a consistent policy in which trust and respect are basic ingredients.

Dr. Elsie Palter is an Honourary Member of the O.C.A. and a former Director of Camp Kawagama.

## BACKPACKING

(cont. from page 8)

It would seem that a Backpacking program has much to offer the campers not only in learning about the bush, but about others as well as themselves. With a minimum of expense (compared to initiating many other camp activities) you can start such a program. As it develops so can your range and the sophistication of your trips and equipment.

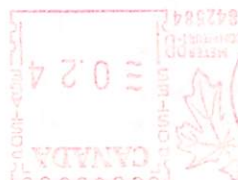
- much of the information in this article was collected three years ago and presented a session at the O.C.A. Conference in March 1979.

CAMP RICHILDACA (Day Camp)  
Mr. & Mrs. W. J. Babcock,  
Kettleby, Ont.  
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canadian camping association  
association des camps du canada



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